



# Woodside Middle School

Big City Opportunities, Small Town Commitment for Students

September 2017 Newsletter

## Upcoming Events

### Woodside Middle School

#### SEPTEMBER 18, 2017

Water Rocks, Iowa State Assembly at Woodside Gym, 8:30 AM

#### SEPTEMBER 21, 2017

Picture Day at Woodside Cafeteria

#### SEPTEMBER 25, 2017

- Regular School Board Meeting & Board Work Session, 6 PM
- PBIS & PTO Fundraiser Kick Off Assembly

#### SEPTEMBER 27 & 28, 2017

8th Grade Visit to Iowa State University

#### SEPTEMBER 28, 2017

PTO Meeting in Library, 6:30 PM

#### OCTOBER 9, 2017

- Regular School Board Meeting, 6 PM
- PTO Fundraiser Due

#### OCTOBER 10-18, 2017

Book Fair in Woodside Library

#### OCTOBER 12, 2017

- Flu Shot Clinic at Cornell, 3-7 PM
- Parent Teacher Conferences

#### OCTOBER 16, 2017

No School, Teacher Professional Development Day

#### OCTOBER 17, 2017

- Flu Shot Clinic at Saydel District Office, 3-7 PM
- Parent Teacher Conferences

## School Hours

### WOODSIDE MIDDLE SCHOOL

7:45 AM - 2:45 PM

Wed.: 8:45 AM - 2:45 PM

*NOTE: Each Wednesday school begins one hour later for teacher in-service.*

**MISSION: Serving the Unique Learning Needs of Each & Every Student**

## Principal's Message

Being a parent is not easy. Being a parent of digital users sometimes is even more challenging. I received my first electronic device over 20 years ago, a pager. At the time, I had moved out on my own and could not afford a cell phone nor a landline, so my mom insisted I carry a pager in the event of an emergency. In today's fast paced society, I wish I had my pager back because life was much simpler then. Unfortunately, smart phones and other technologies are here to stay and it is our collective responsibility to educate our students on appropriate digital citizenship and social media safety.



Principal Joshua Heyer

Serving as principal of Woodside over the last three years, we have had to handle situations where students did not make the best digital decisions and it has impacted themselves, their families, and the school community. Woodside is not alone. Most research indicates a significant increase in minutes spent by teens on social media sites such as Facebook, Instagram, and Snapchat. Other studies suggested an increase in harassing type behaviors, lower GPA's for excessive users, and negative consequences for college admissions.

To reduce the number of issues occurring due to inappropriate digital usage, we need a collective effort by the school and families to monitor usage while educating our students how to safely navigate their devices. I have highlighted below ways we can do this at school, at home, and on the go. With your support, we can educate our students how to be smart digital users that are making safe and appropriate decisions.

**At School:** The school utilizes a program called GoGuardian to help monitor, filter, and block student usage from sites deemed inappropriate. Teachers have the ability to monitor student Chromebooks within the classroom to ensure students are using computers as intended. Administrators can receive automated alerts if a student is using their computer inappropriately based on certain criteria that is pre-established. A new feature with GoGuardian is called the PenaltyBox. The Penalty Box allows administration to restrict student usage to limited websites. For more information on GoGuardian, visit <https://www.goguardian.com/>

**At Home:** Disney has created an amazing device called Circle, which will allow parents to manage electronic devices connect to their Wi-Fi. If you want to see how long someone has been on a certain device, restrict the amount of time, or reward the student with additional screen time based on completion of homework or chores, you can do it with Circle. I have family friends that have purchased this device and they said it has been a game changer in their home. For more information, visit <https://meetcircle.com/>.

*Continued on page 2...*

## Principal's Letter

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**On the Go:** A Woodside family recently shared with me an app they utilize to monitor cellphone usage while on the go called Qustodio. The app allows you to see all the applications used on another device; time spent on all applications, and blocks certain applications if deemed necessary. A google search for "applications to monitor teens" will give you multiple possibilities. For more information, visit <https://www.qustodio.com/en/>.

## Saydel Booster Memberships

Thanks to the following businesses and individuals who support the Saydel Athletic Boosters through membership.

### **BUSINESS PLATINUM EAGLE**

Rising Star/All Iowa Stone & Gutter  
The Results Group, L.L.C.  
R Rogers Septic LLC  
Jason's Lawn & Tree Care  
Goode Greenhouses  
Teddell Electric  
Wee's Tees  
Power Systems  
The Rasmussen Group, Inc.

### **BUSINESS GOLD EAGLE**

Heartland Chiropractic & Wellness Ctr.  
Capital City Equipment Co.  
Iowa State Bank  
Wicks Homes LLC  
Sassman Glass & Mirror  
Walker Construction & Painting

### **BUSINESS GREEN EAGLE**

Struthers Brothers Kawasaki-Suzuki, Inc.

### **BUSINESS SILVER EAGLE**

Schneider Graphics  
Struther Brothers Kawasaki-Suzuki  
American Rolloffs Inc.  
Pearson Dirtwork & Trucking Inc.  
Pizza Ranch (Ankeny)  
Ferrellgas

### **INDIVIDUAL GOLD EAGLE**

Doug & Sue Cline  
Kelly & Mary Scott

### **INDIVIDUAL SILVER EAGLE**

Missy Burr  
Joshua & Denna Heyer  
Ruth Kouski

### **INDIVIDUAL PLATINUM EAGLE**

Corey Myers  
Scott Myers

# Woodside Student Council News

By Kathy Erickson, Guidance Counselor

We are excited to announce that the 2017-18 Woodside Student Council been selected and activities are underway! Student Council is a leadership group consisting of student representatives in 5<sup>th</sup> through 8<sup>th</sup> grades that aims to improve the school and community. Each year, Student Council plans and supports activities to make Woodside a better place, such as fall and spring dances for 7<sup>th</sup> and 8<sup>th</sup> graders, and school-wide service projects to support causes such as cancer research.

This year's Student Council will continue with these activities, but we will expand our efforts in the school and community with a stronger emphasis on leadership and service. Student Council members will participate in service projects throughout the year, volunteering at least once each quarter. In addition, Student Council members will be encouraged to develop as leaders who share their ideas, support others, and work to make sure everyone at Woodside is included and welcomed.

The following students will be Student Council representatives this year:  
8th Grade:

Blayne Agan  
Samantha Way  
Lauren Vance  
Jake Jennings  
Emma Van Zandt  
Payton Ballard  
Faith Krowpman

7th Grade:

Noah Ford  
Ryley Pecina  
Kyras Strickler  
Grace Peck  
Alyssa Neddermeyer  
Macy Lowe  
Addy Mitchell

6th Grade:

Makenzie McKay  
Jonathan Daman  
McKayla Wood  
Emilie Zeis

5th Grade Semester 1:

Rachel McLaughlin  
Jonathan Dyer  
Paige White  
Abigail Hecker

5th Grade Semester 2:

Rylie Scott  
Daniel Halstead  
Maddy Gruver  
Natalie Frantz

The logo for the Student Council features the word "student" in a large, dark blue, cursive font. Below it, the word "COUNCIL" is written in a smaller, red, all-caps, sans-serif font.

Subscribe to receive all of Saydel's newsletters by  
emailing [newsletter@saydel.net](mailto:newsletter@saydel.net).

# NIET Appoints Traci Lust as 2017-18 Educator Advisory Board Member

The National Institute for Excellence in Teaching (NIET) has appointed Saydel's Traci Lust as one of 11 educators and district leaders to its Educator Advisory Board for the 2017-18 year. Traci is Saydel's TAP Executive Master Teacher and Elementary Master Teacher. During the year, these Educator Advisory Board Members will assist NIET with its ongoing mission to advance educator effectiveness through policy, research and service. Activities will include providing input on NIET's technologies and developments -- from K-12 to higher education -- participating in conferences, and engaging with NIET staff on the most important issues facing the education community today.



## WOODSIDE PTO BOX TOPS FOR EDUCATION



Woodside PTO is collecting Box Tops for Education. Each Box Top is worth \$.10 to our school and helps fund some of the purchases we make for classrooms throughout the school year. Keep clipping and sending your Box Tops to school! Thank you for your support!

## Employee & Family Resources Student Assistance Program (SAP) Service Summary

Employee & Family Resources is dedicated to helping students and their families manage life's challenges so they can reach their full potential.

Licensed mental health counselors and clinical workers are available to assist all students and family members experiencing the stress of life's ups and downs. Services are free and are strictly confidential.

### Concerns may include:

- Stress
- Anxiety
- Emotional or mental health
- Family or relationships
- Bullying or peer conflict
- Substance abuse



**EFR EMPLOYEE & FAMILY RESOURCES**

### Convenient In-Person Appointments

Up to three (3) visits per year, per separate issue with qualified counselors. Referrals to additional services if needed. SAP offers services in Spanish and interpreting as needed at no cost to the student or family.

### 24 Hour Support

For immediate support from counselors, call 800.327.4692. Day & evening appointments are available Monday-Friday.

# Woodside Student Handbook Updates

The Woodside student handbook had several policies approved by the school board over the summer in an effort to enhance the learning experience for all students. These policies have been added to the 2017-18 handbook which is available on the district website. In addition, a summary of these changes were handed out to all families during Back To School Night and reviewed with all students the first week of school. The significant changes are included below for you to review.

## PERSONAL NON-SCHOOL ITEMS:

In order to provide a curricular-focused environment, students (unless agreed upon by administration per individualized student plan) are not to bring personal non-school items such as iPods, toys, games, or personal electronic equipment to school. Students should not bring excess money or other valuable items to school. The school will not be responsible for personal non-school items that are misplaced, broken, or stolen.

## ELECTRONIC DEVICES:

Personal electronic devices should not hinder the education process. Such devices will not be used from 7:45 am-2:45 pm except during the students lunch period. Any electronic device brought into the building must be stored in a student locker and shut off. If a student is observed with a personal electronic device during school hours and without teacher consent, the following actions will be taken:

- 1<sup>st</sup> Offense - Student will be asked to put cell phone away in approved location.
- 2<sup>nd</sup> Offense - Confiscated by teacher and returned to student at the conclusion of class.

- 3<sup>rd</sup> Offense - Confiscated by teacher, turned into office, and student pick up at the end of day.
- 4<sup>th</sup> Offense - Confiscated by teacher, turned into office, major referral (detention), and student pick up at the end of day.
- 5<sup>th</sup> Offense - Confiscated by teacher, turned into office, major referral (detention), and held until parent meeting with administration.

Use of electronic device for the purpose of bullying/harassment will follow behavior matrix and district policy. Failure to relinquish an electronic device when asked by a staff member will advance to actions aligned to the 5<sup>th</sup> offense as well as issued a major referral for insubordination.

## TARDY POLICY:

Students are expected to be in class on time because time in the classroom is essential for student learning. Students arriving after the bell but within the first 20 minutes of class are considered tardy.

The following outlines consequences for unexcused tardies:

- 1<sup>st</sup>-2<sup>nd</sup> tardy per class – Verbal warning, teacher interaction with student.
- 3<sup>rd</sup>-4<sup>th</sup> tardy per class – Student detention with teacher, parent notification by teacher.
- 5<sup>th</sup>-6<sup>th</sup> tardy per class – Minor referral, parent notification by office, detention.
- 7<sup>th</sup> tardy and each subsequent tardy per class – major referral, administrative intervention.

## Grab Your Favorite Costume & Run In the Monster Dash!

October 21 beginning at 9:30 AM at Saydel High School Stadium

Join us for the 4<sup>th</sup> annual Monster Dash 5K/1 Mile walk/run which will take place October 21 at 9:30 am. Runners can sign up online with shirts guaranteed to all signing up on or before October 9. Both road races will begin and end at Saydel High School in Des Moines, IA. Runs will be timed with results posted the day of race. Runners are encouraged to wear their favorite costumes with prizes going to the best costumes.

All runners will receive a long sleeve dry fit shirt. All finishers will receive a medal in recognition of their efforts. Packet pickup will occur the day of the race from 8:30 am through 9:15 am. Run if you dare! Race event information and photos will be posted to <https://www.facebook.com/events/1501109363545290/> Race results will be posted at [www.onlineresults.com](http://www.onlineresults.com).

Registration fees are \$15 for students and \$22 for adults. Sign up online at <https://secure.getmeregistered.com/monsterdash>

**Thank you Monster Dash sponsors: Capital City Equipment, Skywalk Global, and Rogers Septic LLC.**





## Woodside Science Challenge

Eighth grade students from Woodside Middle School conducted their first science challenge of the school year. Teams of students were challenged to design a book support made only out of note cards, paper-clips, and rubber bands.

### 2017-18 Woodside PTO Meetings

September 28, 2017  
 October 26, 2017  
 November 30, 2017  
 January 25, 2018  
 February 22, 2018  
 March 22, 2018  
 April 26, 2018

Woodside PTO welcomes all parents to participate in the PTO and attend the meetings listed above. Meetings begin at 6:30 pm in the Woodside library. Also, mark your calendars! December 2 will be the Craft/Vendor Fair at Woodside. Contact PTO President Amanda Stone if you have questions or would like to take part in the fair at woodsideeaglespto@gmail.com.

# Student Eligibility

By Joshua Heyer, Principal

Student participation in after school activities continues to be a high priority for the district. This fall, we have observed a positive number of students accept the additional responsibility of participating in extra curricular activities. With the 1<sup>st</sup> quarter midterm quickly approaching on September 22, I want to remind families of the eligibility rule for Woodside students.

Grades will be checked every 4.5 weeks with the following consequences for failing grade(s):

- 1<sup>st</sup> quarter mid-term: remain ineligible until the instructor(s) indicates a passing grade
- End of 1<sup>st</sup> quarter: remain ineligible until the instructor(s) indicates a passing grade
- 2<sup>nd</sup> quarter mid-term: remain ineligible until the instructor(s) indicates a passing grade
- End of 1<sup>st</sup> Semester: See State Policy below
- 3<sup>rd</sup> quarter mid-term: remain ineligible until the instructor(s) indicates a passing grade
- End of 3<sup>rd</sup> quarter: remain ineligible until the instructor(s) indicates a passing grade
- 4<sup>th</sup> quarter mid-term: remain ineligible until the instructor(s) indicates a passing grade
- End of 2<sup>nd</sup> Semester: See State Policy below

**State Policy:** Any student not passing all subjects at the end of the semester will be declared ineligible for the time period in accordance with Department of Education and state association policy. In the absence of the Department of Education and state association guidelines and stipulations, any student not passing all subjects at the end of the semester will be declared ineligible to compete/perform in public events the following semester for 30 calendar days beginning with the finding of the academic ineligibility or the first date which competition is allowed.



## Olivia Pecina Wins Durham Bus Services Contest

Woodside Middle School student Olivia Pecina and her family won the Durham Bus Service transportation contest. Every student who returned their transportation form in before August 9 was entered into a contest to win a family fun pack, consisting of four tickets to the new Cinemark Theater in Altoona, plus a \$30 gift card to Culvers, also in Altoona. Pictured from left: Durham Supervisor Karen Smith, student Olivia Pecina, and Saydel Director of Student Services and Special Education Julie McKibben.

# Woodside Staff Focus

Highlighting staff members new to Woodside Middle School

**Name:** Kathy Meitl



**Position at Woodside:** 8th Grade Science Teacher

**Family:** "I live in Norwalk with my husband, two kids (my son is in 1<sup>st</sup> grade and my daughter is in 2<sup>nd</sup>), and our dog. We moved to Iowa last year after moving to four different states during my husband's career in the US Navy. I'm originally from Kansas, so it's nice to finally settle back in the Midwest."

**Previous work/College Experience:** "I graduated from the University of Kansas and taught Biology for two years at a high school in Kansas City, KS, before getting married and moving to the coast. These past nine years I've been busy volunteering with my husband's commands and raising my kids. I currently coach softball at Norwalk Middle School and hope to get involved in athletics here at Woodside soon."

**One thing you have enjoyed about working at Woodside:** "I love all the resources available at Woodside. The staff is very knowledgeable and the district has worked hard to provide lots of teaching and learning supports that I never even knew existed."

**One thing you did not realize about Saydel before starting this position:** "Being new to the area and living south of Des Moines, I hadn't even heard of Saydel before applying for the job. It's been great getting to know the unique kind of community that is here."

**One thing you want others in the community to know about Woodside:** "The new technology features in the science classrooms this year have been a lot of fun to use in our daily lessons, and I look forward to finding new ways to incorporate technology into our science community."



## Woodside Students Enjoy Game of the Week Pep Rally

The WOI ABC 5, Saydel Game of the Week, Friday Night Blitz Community Pep Rally on September 1 at 5:30 am was a tremendous success. Coaches, community members, staff, parents and students joined in the exciting event at the Saydel High School Stadium. Pictured are just some of the Woodside students who attended.



# Homecoming Spirit!



## Saydel Community School Food Services

The Healthy Hunger Free Kids Act of 2010 (HHFKA) mandates several changes to school lunch programs identifying age-appropriate portion sizes and healthy ranges for fruits, vegetables, grains, meats/meat alternates and milk. The HHFKA is complex, so we've simplified the main points for you in the charts below. Keep in mind these guidelines are intended to provide one-third of your child's daily nutritional and energy needs. Saydel's food and nutrition department remains committed to providing the best combination of nutrients available to your child.

### Lunch Tray Example 1



*Celebrating Dr. Seuss' day with green eggs and ham casserole, hashbrowns, red pepper strips and cauliflowers, strawberries parfait and skim milk*

### Daily Meal Component Offerings

Meal Components	Grades K-5	Grades 6-8	Grades 9-12
Fruits	1 cup	1 cup	1 cup
Veggies	1 cup	1 cup	1 cup
Grains	2oz	2oz	3oz
Meat/ Meat Alternate	2oz	2oz	2oz
Fluid Milk	1 cup	1 cup	1 cup

### Lunch Tray Example 2



*Nutrition education during serving line*

All Saydel's School Nutrition meals must meet the minimum requirements as defined by the HHFKA. There are no maximum limitations on these meal components but the meal must fit within the weekly calorie range for that grade level.

### Weekly Vegetable Offerings

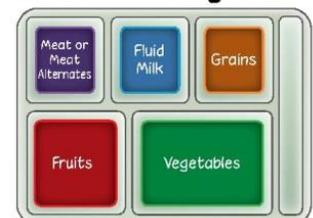
Veggie sub-groups	Grades K-5	Grades 6-8	Grades 9-12
	5 cups/week	5 cups/week	5 cups/week
Dark Green	1 cup	1 cup	1 cup
Red/ Orange	1 cup	1 cup	1 1/4 cup
Legumes	1 cup	1 cup	1 cup
Starchy	1 cup	1 cup	1 cup
Other	1 cup	1 cup	3/4 cup

### Lunch Tray Example 3



*Orange chicken w/ brown rice, stirfy vegetables, green beans, mandarin oranges, fresh apple and skim milk*

### Build a Healthy Lunch



#### Foodservice Office:

Visit [www.saydel.k12.ia.us](http://www.saydel.k12.ia.us) for menus and more information

Email: [sadlerjessy@saydel.net](mailto:sadlerjessy@saydel.net)

Phone: 515.264.0866

Fax: 515.264.0869

Follow us on Twitter: @saydeldining

**September 2017**  
**Secondary Physical Activity Calendar**

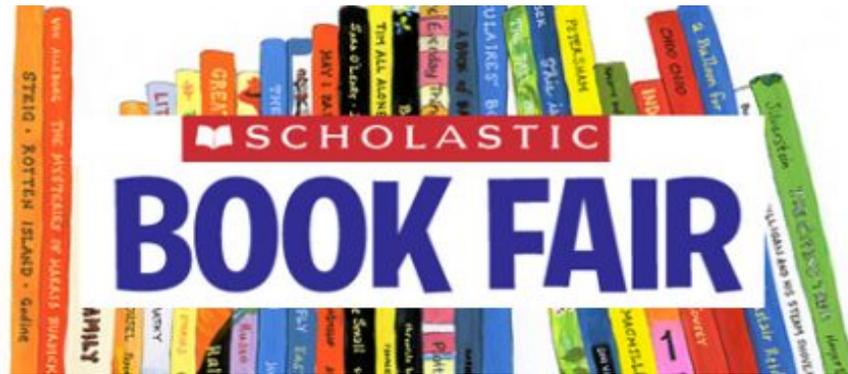


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury.</b></p>	<p><b>10 Push Up Crawls</b>            Complete a push up, when finished inch your hands towards your feet and stand up. Reverse back into push up position and complete a push up.</p>	<p><b>High Knees &amp; Stretch</b>            High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p><b>Partner Challenge</b>            Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p><b>Skaters</b>            Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p><b>Yoga</b> is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax &amp; clear your mind.</p>	<p><b>Commercial Stroll</b>            During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p>
<p><b>Do this:</b>            5 walking lunges            5 jumping split squats            5 jump squats            3x</p>	<p><b>4</b>  <b>10 Push Up Crawls</b>            Complete a push up, when finished inch your hands towards your feet and stand up. Reverse back into push up position and complete a push up.</p>	<p><b>5</b>  <b>High Knees &amp; Stretch</b>            High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p><b>6</b>  <b>Partner Challenge</b>            Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p><b>7</b>  <b>Skaters</b>            Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p><b>8</b>  <b>Crazy 8's</b>            8 jumping jacks            8 silly shakes (just shake as silly as you can)            8 high knees            8 scissor jumps</p>	<p><b>9</b>  <b>Seated Forward Bend Pose</b>              Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.</p>
<p><b>10</b>  <b>High Knee Twist</b>            Alternate bringing your opposite knee to your opposite elbow. To make it harder add a hop in between.</p>	<p><b>11</b>  <b>Hands &amp; Knees Balance Pose</b>              Hold for 30-60 seconds, switch sides and repeat.</p>	<p><b>12</b>  <b>Long Jump</b>            Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p><b>13</b>  <b>Army Crawl</b>            Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>	<p><b>14</b>  <b>Do this:</b>            -10 lunges, switch legs            -20 jumping jacks            -High knees 30 second            -Backpedal 10 second            -Sprint for 10 seconds</p>	<p><b>15</b>  <b>Set the Menu</b>            Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>	<p><b>16</b>  <b>Play Catch</b>            Grab any kind of ball and play catch with a family member or friend. Keep your eyes on the ball and catch it with your hands not your body.</p>
<p><b>17</b>  <b>Squat with Kicks</b>            Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.</p>	<p><b>18</b>  <b>Cardio and Stretch</b>            Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Low Lunge pose.</p>	<p><b>19</b>  <b>Crazy 8's</b>            8 jumping jacks            8 silly shakes (just shake as silly as you can)            8 high knees            8 scissor jumps</p>	<p><b>20</b>  <b>Bench Jumps</b>            Holding each side of a bench, jump over the bench side to side for 30 seconds.</p>	<p><b>21</b>  <b>Low Lunge Pose</b>              Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>	<p><b>22</b>  <b>Star Jumps</b>            Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>23</b>  <b>Dance, Dance</b>            Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>
<p><b>24</b>  <b>Family Health and Fitness Day</b>            After a healthy dinner, go outside for walk with your family. You can play I Spy or have a walking race to make it fun.</p>	<p><b>25</b>            Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p><b>26</b>  <b>Vertical Jump</b>            Jump as high as you can for 30 seconds. Repeat.</p>	<p><b>27</b>  <b>Walking Race</b>            Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p><b>28</b>  <b>Kick Backs</b>            Lean against a wall and kick one leg back. Complete 20 on each side.</p>	<p><b>29</b>            Try Savasana again. Fully relax &amp; clear your mind.  </p>	<p><b>30</b>  <b>Jab, Jab, Cross</b>            Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>

Yoga Images from [www.forteyoga.com](http://www.forteyoga.com)

# Woodside Library is announcing...

## It's Book Fair time!



Woodside Families,

We are happy to announce our Fall Book Fair! The book fair will take place and be open during conferences. Our upcoming Book Fair will be a celebration of reading and offer a selection of affordable books, including the newest titles for every reading level. Stop by and buy books for yourself and for the classrooms at Woodside! You could even get some early holiday shopping done!

**When: Tuesday October 10th - Wednesday the 18th**

**Times: During conferences: 4pm - 8pm**

Students are welcome to come down to the book fair during school hours with teachers permission.

I am here support you and your family as you establish a joyful, nurturing reading environment in your home. Please give me a call if I can support your family in any way. Remember a portion of our sales go directly back to Woodside to purchase books!

Happy Reading!

**Nichole Foxhoven**  
**District Librarian - Saydel Schools**  
**[foxhovennichole@saydel.net](mailto:foxhovennichole@saydel.net)**



## Woodside Students Enjoy CyHawk Challenge

On September 8, Woodside Middle School students and staff celebrated the CyHawk Challenge by dressing up in their favorite team apparel. It was a fun day for ISU and Iowa fans to get fired up for the football game!

### SAYDEL BOARD OF EDUCATION

- Brian Bowman**, Board President
- Jennifer Van Houten**, Vice-President
- Julie Jennings**, Board of Director
- Rob Strickler**, Board of Director
- Chad Vitiritto**, Board of Director
- Doug Kayser**, Board of Director
- Roland Kouski, Jr.**, Board of Director

Superintendent: Mr. Douglas Wheeler  
Board Secretary: Beth Vitiritto



School Board meetings are held at the Saydel District Office on the second Monday of each month at 6 PM

**EDUCATION FOR  
LEADERSHIP;  
LEARNING FOR LIFE**

**Woodside Middle School**  
5810 NE 14th Street  
Des Moines, IA 50313  
515-265-3451

We're on the Web:  
[www.saydel.k12.ia.us](http://www.saydel.k12.ia.us)

It is the policy of the Saydel Community School District not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination.

If you have questions or a grievance related to this policy, please contact the district's **Equity Coordinator, Julie McKibben, Director of Student Services**, 5740 NE 14th Street, Des Moines, IA 50313; [mckibbenjulie@saydel.net](mailto:mckibbenjulie@saydel.net). Office for Civil Rights, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661; 515-264-0866.